



Dec. 9, 2013

Island Insight



This publication is published weekly and contains information about, for, and of interest to the Island Workforce. This document is also available on the Island Intranet under "Information" and on the installation website at www.ria.army.mil under "About USAG-RIA" and then "News" and "Local News."

Island Insight Submission: <https://home.ria.army.mil/sites/ii/ii.cfm>

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Ask the
Garrison Commander

Arsenal Fire Dept. Tackles All Sorts of Problems: The Rock Island Arsenal is more than just manufacturing – it's a town all its own. It even has its own fire department. You've probably seen them out and around the Quad Cities helping our area firefighters with a little extra manpower. "Everyone is dependent on everybody now," says Deputy Chief Joe Heim. "More people you can put on fires, the safer things get." But this team

of nearly 40 people is more than your average firefighters. "We're here on the island protecting government property," says Captain David Liske. Along with your typical medical calls, they handle everything going on at the island. "He got his arm stuck in a machine we got the call to come down there and extricate him from the machine," Liske adds. "If somebody were to spill some 55 gallon drum of acid, we would be the

ones to clean it up." And the fire department is more than just an office; they also have their own three story burn tower. "We have moveable walls so we can come in and change the layout," Heim shows. So firefighters get the practice they need for the real thing. Right now, about half of the firemen are veterans. ([More](#))



"HOME OF US ARMY LOGISTICS"



JMC Chief of Staff Retires from Army after 31 Years:

A Port Chester, N.Y. native recently retired from active duty after serving 31 years in the U.S. Army, 12 of those years served overseas. Col. Joseph A. Tirone retired as Chief of Staff, U.S. Army Joint Munitions Command, during a ceremony Nov. 19. Brig. Gen. Kristin K. French, commanding general, JMC, presided over the ceremony. During the ceremony, Tirone was awarded the Legion of Merit Medal (3rd Oak Leaf Cluster) for his lifetime of Army service and his wife, Paige, received awards for military and community support. ([More](#))



Wreaths Across America Ceremony:

The Rock Island National Cemetery will have a Wreaths Across America ceremony on Saturday, **Dec. 14**, at 11 a.m., at the main cemetery flagpole.

The Wreaths Across America story began more than 20 years ago when Worcester Wreath Company (a for-profit commercial business from



Harrington, Maine) and began a tradition of placing wreaths on the headstones of our nation's fallen heroes at Arlington National Cemetery during the holidays. The wreath laying is now held annually on the second Saturday of December. This year, the organization has more than 800 participating locations in all 50 states and nearly 30 locations overseas. Wreaths Across America will lay between 355,000 to 401,000 remembrance wreaths on the headstones of those who served and sacrificed for our freedoms; all focused on the mission to Remember - Honor - and Teach. The public is invited to attend the Rock Island National Cemetery ceremony. POC is (309) 716-8620.

AMC Remains Relevant Despite Budget Challenges:

The U.S. Army Materiel Command hosted the first global town hall meeting since the conclusion of the government shutdown at the Bob Jones Auditorium here, Dec. 9. Gen. Dennis L. Via, AMC commanding general, hosted the event and updated the headquarters staff and the almost 200 sites connected to the video conferencing system about the



Upcoming Dates

Dec. 14: Wreaths Across America, 11 a.m., Rock Island National Cemetery

Dec. 14: USO Discovery Kids, Christmas with the Animals, Trinity Lutheran Church, 1 p.m.

Dec. 14: Operations Family Time Out, 1-5 p.m. Davenport YMCA

Dec. 14: Army-Navy Game, Arsenal Clubhouse, 1:30 p.m.

Dec. 17-18: AFTB Training: Level L Leadership Development

Dec. 18: EQCC, Bldg. 90, Room 25, 10 a.m.

Dec. 18: RIA Tenant Senior Leaders Luncheon, Arsenal Clubhouse, 11:30 a.m.

Jan. 1: New Year's Day (Federal Holiday)

Jan. 7-9: DA Photo Studio on RIA

Jan. 8: Senior NCO Tenant Meeting, Arsenal Island Golf Clubhouse, 11:30 a.m.

Jan. 20: Martin Luther King Remembrance Day (Federal Holiday)

Jan. 22: General Officer BOD Mtg., 1:30 p.m., Arsenal Island Clubhouse (T)

Jan. 23: Safety Occupational Health Advisory Committee, Bldg. 90, Room 25, 10 a.m.

Jan. 22: General Officer BOD Mtg., 1:30 p.m., Arsenal Island Clubhouse (T)

Jan. 23: Safety Occupational Health Advisory Committee, Bldg. 90, Room 25, 10 a.m.

Jan. 28: Monthly Community Information Exchange, 9 a.m., Arsenal Island Clubhouse

Jan. 30: RIA Retirement & Retreat Ceremony, 2 p.m., Bldg. 60, Heritage Hall

Feb. 11-13: DA Photo Studio on RIA

Feb. 12: Tenant Senior NCO Meeting, Arsenal Island Clubhouse, 11:30 a.m.

Feb. 26: RIA Tenant Senior Leaders Luncheon, Arsenal Island Clubhouse, 11:30 a.m.

March 4: Installation Planning Board, Baylor Conf. Rm. (TBD)



command progress over the past six months. "It goes without saying, it's been a very challenging six months for our Army and especially for the Army Materiel Command," said Via, as he reminded the command of the impacts of sequestration. "Where we normally would have a year to work through a budget, we didn't have a budget."

[\(More\)](#)

Pay Raise Allowed, Sequestration

Pressure Relieved: The deal also allows a 1 percent federal employee pay raise to take effect in 2014, which will be payable as of the first full pay period of the year and will be across-the-board with no locality component, according to previously announced plans. That will be the first increase in pay scales after a three-year freeze and would apply to everyone except members of Congress. The deal also cuts in half the required sequestration savings over fiscal 2014 and 2015, which should relieve much, but not necessarily all, of the pressure that triggered widespread furloughs earlier this year in many agencies.

[\(More\)](#)



House Approves Budget Blueprint

Dubbed 'Good Deal for Defense': For the first time since 2009, the House has approved a bipartisan budget plan that dulls sequestration's "meat ax" — but the plan is expected to meet more resistance in the Senate. The GOP-controlled lower chamber on Thursday voted 333-94 to send the sweeping spending and deficit-reduction plan crafted by the chairs of the House and Senate Budget committees, Rep. Paul Ryan, R-Wis., and Sen. Patty Murray, D-Wash., to the upper chamber. Sixty-two Republicans voted against it, joined by 32 Democrats. [\(More\)](#)



Hagel Offers Positive Words on

Budget Agreement: Defense Secretary Chuck Hagel offered qualified praise for the two-year budget package introduced this week by House and Senate budget negotiators. Hagel said he had



spoken with both House Budget Committee Chairman Paul Ryan (R-Wis.) and Senate Budget Committee Chairman Patty Murray (D-Wash.) to thank them for their efforts to craft a bipartisan agreement. [\(More\)](#)

Budget Agreement Should Lessen Need for Furloughs, RIFs, Experts

Say: The newly unveiled budget agreement should ease — but not eliminate — pressure on agencies to resort to unpaid furloughs and



reductions-in-force over the next two years, former federal officials and other observers said Wednesday. The agreement, announced late Tuesday by a House-Senate budget committee, would partially repeal sequester-related spending cuts set to take effect in fiscal 2014 and 2015. By giving agencies longer-term certainty over their budgets, the deal would also allow managers to plan for reductions in travel and other areas besides personnel, said Henry Romero, a one-time Office of Personnel Management executive now at Federal Management Partners, a consulting firm. [\(More\)](#)



SMA Chandler Thanks Civilians for Job Well Done:

Sgt. Maj. of the Army Raymond F. Chandler III addressed a crowd of Soldiers and civilians Dec. 3, in Conmy



Hall on the Fort Myer portion of Joint Base Myer-Henderson Hall, and discussed the Army profession as well as recognized more than a dozen outstanding Soldiers and civilians for their service. "They're a part of the Army team," said Chandler. "Every one of us, whether you're a family member, a Department of the Army civilian or a Soldier, contributes to the Army's success." ([More](#))

US House OKs Pentagon Policy Bill; Senate Passage Remains Uncertain:

The US House on Thursday — for the second time this year — approved a 2014 Pentagon policy bill, setting up a high-stakes showdown in a Senate that one veteran lawmaker called “poisonous.” House and Senate Armed



Services Committee leaders worked over a Thanksgiving recess to cobble together a compromise \$607 billion defense authorization bill that would approve \$527 billion in base funding and \$80 billion for America’s overseas conflicts. ([More](#))

How the Budget Deal Will Impact Current, Future Feds:

Newly hired federal workers will be required to contribute more toward their pensions and some military retirees will see smaller cost-of-living adjustments under a budget deal announced by Rep. Paul Ryan (R-Wis.) and Sen. Patty Murray (D-Wash.) Tuesday evening. ([More](#))



Senior Lawmaker: Congress Expected to Take Up Omnibus Spending Bill Next Month:

Congress could take up a massive appropriations bill in January that would fund the entire federal government for the remainder of the



fiscal year. House Republican Deputy Whip Tom Cole, R-Okla., said Thursday on the House floor that Congress will move “an omnibus” appropriations bill next month or “a series of mini-omnibuses.” ([More](#))

Pentagon Preps for Large-Scale Mobile Rollout:

In less than a month, the Pentagon is expected to roll out initial capabilities for centrally managing its growing inventory of smartphones and tablet computers. That’s good news for mobile users anxiously awaiting approval to connect Android and Apple devices to Pentagon networks on a wider scale. ([More](#))



How Higher Federal-Retirement Payments Ended Up In the Budget Deal:

After a year of furloughs, budget cuts and uncertainty for federal workers, this much is clear in the congressional



budget deal that the House will vote on Thursday: It could have been much worse. ([More](#))

FEHB Change Also Included: Among the many provisions of the budget deal would be to allow creation of a self-plus-one option in the FEHB program, an idea that has been in circulation for years. Currently, the program allows only options for self-only coverage and self-and-family coverage, causing persons with only one eligible family member to complain that they are in effect subsidizing—by paying the same family premium rates—those with multiple covered family members. ([More](#))



Mileage Rate Announcement

Pending: Around the turn of the year, GSA typically announces mileage reimbursement for federal employees who use their personal vehicles on official business. GSA generally, but not necessarily, follows an IRS figure for certain tax



deductibility purposes. The most important figure to most employees is the rate for using a personal automobile or similar vehicle, currently 56.5 cents per mile. The IRS has announced that the comparable figure it uses will be 56 cents in calendar year 2014. ([More](#))

New Illinois Vehicle Laws to Take

Effect Jan. 1: The Illinois legislature and governor have some new laws in store for all people driving in Illinois that take effect on Jan. 1. These new laws change current laws and make significant changes to all vehicle drivers and passengers. These changes are the most significant changes in my opinion. ([More](#))



RIA Garrison DPTMS Installation Security & Intelligence Division

Closure: The Rock Island Arsenal Garrison DPTMS Installation Security & Intelligence Division will be closed all day starting Tuesday, **Dec. 24**, through Friday, **Dec. 27**, and will resume normal



customer service hours (7:30 a.m. - 3:30 p.m.) on Monday, **Dec. 30**. Any personnel who are retiring or separating, and require a security clearance debriefing are asked to out-process with the Garrison Security & Intelligence Division the week of **Dec. 16-20** during normal customer service hours, Monday, **Dec. 23**, prior to 3 p.m. or on Monday, **Dec. 30**, during normal customer service hours. ([System Access/Authorization Requests](#)) ([JPAS visit requests](#))

End of Year Donations: For those wishing to donate annual leave to another Federal civilian employee in the Leave Transfer Program, please complete Statement of Leave Donor (RIA form 690-43) and submit with supervisor signature to the Civilian Personnel Advisory Center. To ensure a leave donation will be deducted from this calendar year, all donations must be received in the CPAC no later than **Dec. 20**. Reminder: In any leave year, an employee may donate no more than one-half of the amount of annual leave he or she would accrue during a leave year. For employees with 'use or lose' annual leave, you may donate no more than the



number of hours remaining in the leave year as of the date of the transfer for which you are scheduled to work and receive pay. POC: Janine Couppee may be reached at PECH-NCR-E, (309) 782-1278.

Blood Drive: The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room (First Floor, Bldg. 60), on **Friday, Dec. 20 & 20, 10 a.m. – 12 p.m.**



If you would like to donate at this blood drive, feel free to e-mail SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at (563) 359-5401, ext. 119. A **2nd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **6:30 p.m. on Jan. 10**. A **3rd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **2:15 a.m. on Feb. 22**. To sign up for a blood drive held on either the 2nd or 3rd shift, donors should contact their shift supervisor. ([Blood Transfusion En Route to Trauma Center Keeps Navy Vet Alive](#))



Charlie Corpuscle Says, *"Fall is definitely in the air. Did you know that when someone 'falls,' your blood donation helps to pick them up? In some cases, it is*

the reason patients are able to get up and carry on in life. On behalf of the patients whose lives you have 'picked up,' thank you."

The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information [click here](#).

VIOS Schedule for January, February, March, April and May:

Official DA Studio Photography (DA, Government passport and command photos) will be offered at Rock Island Arsenal **Jan. 7, 8, and 9; Feb. 11, 12 and 13; March 11, 12 and 13; April 22, 23 and 24; and May 6, 7, and 8** (Note changes to previous April dates). Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the [Visual Information Ordering Site](#) for the available times: 7 a.m. - 3:40 p.m. Click on "Frequently Asked Questions" on the VIOS site for more information. Walk-in appointments are not available. Photographs will be taken at the Photo



Studio (Bldg. 56, basement, by elevator). Priority is: 1. Active duty Soldier's DA photos; 2. Official government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders - command photos will be printed and available digitally. Additional prints can be ordered in VIOS. To obtain an official government passport photo: 1. Schedule a passport photo appointment at the RIA VIOS website. 2. Go to transportation to obtain a printed DA Form 3903, Multi-Media/Visual Information Work Order, signed by the passport agent in Block 14. 3. Present that DA Form 3903 to the photographer before the passport photo is taken. You will receive two 2" x 2" passport photos. All scheduled dates can be found on the RIA VIOS website FAQ.

Arsenal Island Employee Local

Discounts: *The following discounts are exclusively available to Arsenal Island employees –*
Double Tap Firearms: Double Tap Firearms offers a 10 percent firearm discount and \$15



firearm transfer fee in Illinois to active duty and retired military personnel in the QCA ([🔗](#)). **Bennigan's Rock Island:**

Arsenal employees, service men, service women you are always welcome at Bennigan's in Rock Island, and to show you how much your welcome here, we offer a 25 percent discount off your meal, any day any time ([🔗](#)).

Pepperjack's Restaurant & Lounge in Davenport: Rock Island Arsenal employees receive 20 percent off their Pepperjack's entrée when they present their Arsenal identification card (one discount per ID) ([🔗](#)).

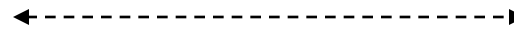
New Life Chiropractic Clinic: Arsenal Island employees, we're offering you a 20 percent discount on our services ([🔗](#)).

Goebel Family Dentistry: Active duty members of the military receive a 10 percent discount on all services. All other Arsenal civilian employees who are new patients can receive either the free exam and x-rays or a free whitening treatment on their first visit ([🔗](#)). *This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*

Arsenal Traffic/Construction



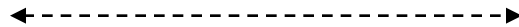
No Arsenal Traffic/Construction related announcements this week.



Building/Space Closures



No Building/Space Closure related announcements this week.



Active Duty/Reserve Zone



House Approves 1 Percent Pay Raise for Troops:

The House on Thursday approved legislation that ensures troops will receive a 1 percent pay raise in 2014 and authorizes a range of other military compensation. The fiscal 2014 National Defense Authorization Act does not contain specific language increasing basic pay for military members next year, which means President Obama's recommendation of a 1 percent bump will take effect. The bill passed by a vote of 350-69. ([More](#))

Dempsey Backs Strong Military Presence in Europe:

The U.S. military's senior leader said Wednesday that he's a strong supporter of maintaining a sizeable presence overseas, including in Europe, despite

budget constraints, because of the proximity to potential hotspots. But he said there is room to cut infrastructure in the States. Gen. Martin Dempsey, chairman of the Joint Chiefs of Staff, said despite multi-million-dollar budget cuts looming for the Pentagon, he would advocate keeping tens of thousands of troops in Europe, even as the United States focuses more attention on the Pacific and gets set to withdraw thousands of troops from Afghanistan. ([More](#))

Congress Wants Common

Camouflage Uniform: Congress will try one more time to get the Pentagon to cease its uniform madness and adopt a common camouflage pattern for all four services. The compromise defense authorization bill for 2014 includes a provision that directs the Defense Department to "to adopt and field a common combat and camouflage utility uniform, or family of uniforms, for specific combat environments, to be used by all members of the armed forces." ([More](#))

Thousands of Officers to Face Boards for Early Separation:

Nearly 19,000 active-duty captains and majors in the Army Competitive Category will go before either an Officer Separation



Board or Enhanced Selective Early Retirement Board early next year. As part of the Army's plan to meet force reduction obligations, as many as 20 percent of those officers, one in five, may be asked to leave the Army earlier than they had originally planned. ([More](#))

Soldiers to Get Expedited Airport

Security Screenings: Beginning Dec. 20, Soldiers will be eligible for expedited pre-flight screening at airports, meaning they'll be able to get into the express line where they don't need to remove their shoes and belts or take laptops out of their baggage. All service members, including those in the Reserve, National Guard and Coast Guard, will be eligible for TSA Precheck Program, as the program is known. Those in the Guard and Reserve do not need to be in an activated status, and service members do not need to be in uniform, said Mark Howell, Transportation Security Administration spokesman. ([More](#))

New First Aid Kit Includes Eye

Protection, Strap Cutter: The Army is now issuing to Soldiers the more robust, more streamlined "Individual First Aid Kit II" as replacement for the older kit which was built inside an ammunition pouch for a Squad Automatic Weapon.

The IFAK II contains all the supplies of the old kit, with the addition of a second tourniquet, a tactical combat casualty card to annotate what kind of first aid was applied to a wounded Soldier, a marker, an eye shield, a rubber seal with a valve for sucking chest wounds, and a strap cutter. ([More](#))

Special Duty Assignment Pay

Changes for Some Soldiers: Some Soldiers receiving special duty assignment pay, or SDAP, are now seeing an increase in payments or seeing it for the first time, while others will soon see less. About 4,000 fewer Soldiers will be eligible for SDAP under changes announced in an All Army Activities message, ALARACT 308, dated Nov. 21, 2013. However, about 27,000 Soldiers will still receive the special pay, according to Army G-1 officials. ([More](#))

Army Mentorship Program:

The Army Mentorship Program was created in July 2005 to encourage Soldiers and Department of the Army (DA) Civilians to engage in mentoring activities beyond the chain of command. The Army Mentorship Program is voluntary and serves to promote learning and development among the U.S. Army's future leaders. ([More](#))

Army Readiness Assessment

Program: The Army Readiness Assessment Program (ARAP) is a web-based tool that provides battalion or equivalent commanders with data on their formations' readiness posture by sampling unit safety climate and culture in five key areas: process auditing, reward systems, quality control, risk management, and command and control. Based on a recent change to Army Regulation 385-10, commanders or their representatives will ensure all battalion and battalion-equivalent organizations initiate ARAP enrollment within 90 days of assumption of command. ([More](#))

Safety Spotlight



Winter's Unseen Trap: As an officer and aviator in the U.S. Army, I - like most of you - have been exposed to a significant amount of safety training. We've all learned that the unseen hazard is oftentimes the most dangerous. For example, Field Manual 3-04.301(1-301), Aeromedical Training for Flight Personnel, highlights Type I (unrecognized) spatial disorientation as the most dangerous because the hapless aviator has no idea they are disoriented, and thus, takes no action to correct the



danger facing them. Carbon monoxide is similarly insidious. Whether it is exhaust leaking into your vehicle, or perhaps a propane heater warming a tent, carbon monoxide takes its prey with no warning. However, this article is not about spatial disorientation or carbon monoxide. There is another hazard that's similarly treacherous and just as veiled. Unfortunately, I found myself in its trap on my way home from drill one weekend. ([More](#))

Equal Opportunity Focus

Report: Women Still Face 'Significant Obstacles' in Advancing Federal Careers:

Women are still encountering enormous hurdles when it comes to advancing their careers in federal service. That's according to a report released today by the Equal Employment Opportunity Commission. "While women have made enormous strides in federal employment, there are still significant obstacles which hinder their advancement," said Carlton M. Hadden, director of EEOC's Office of Federal Operations, in a statement. ([More](#))

Morale, Welfare & Recreation (MWR)



Visit the MWR website at www.riamwr.com for information on all MWR programs. Also [click here](#) to become a fan on Facebook, or Twitter [@golf1897](#), and stay up to date on all the great MWR offerings here at the Arsenal.

Army Navy Game Viewing & Celebration:

Call up your service buddies and come cheer for your team as the Army Black Knights take on the Navy Midshipmen in the 114th annual grudge match between these two fierce rivals Saturday, **Dec. 14**. The doors to the Golf Clubhouse will open at 12:30 p.m. and kick-off is at 2 p.m. There is no cover charge, we'll be showing the game on multiple big screen T.V.'s and there will be free wings all thanks to our great sponsor, the Rock Island Arsenal Chapter of the Association of the United States Army, (AUSA). Call (309) 782-4372 for more info. ([Flyer](#))



Arsenal Island Golf Clubhouse Closed For Lunch:

During **Dec. 23 - Jan. 6** the Golf Clubhouse will close for regular lunch operations. All pre-booked functions will be unaffected by the closure. Call (309) 782-6319 for more info.

MWR Leisure Travel Office



Office Hours: Monday through Friday, 9 a.m. – 3 p.m., Bldg. 60. The office is closed for lunch from 10:30–11 a.m., (309) 782-5890. ([email](#)) ([website](#))

Military Ticket Voucher Program:

Leisure Travel will not be ordering or making reservations through this program. Changes are being made in the way of ordering tickets and hotel reservations. Once changes are in place ordering will resume. For more information please contact the office (309) 782-5890.

Chicago Loop/Water Tower Bus Trip:

Join MWR Saturday, **Dec. 14**, 6:30 a.m. – 8 p.m. (approx.), for an exciting day of shopping (or whatever you'd like to do) in downtown Chicago. Price is \$41/person and which covers transportation only. Bus departs from COL Davenport Pavilion area at 6:30



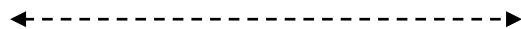
a.m., and departs from Chicago at 5 pm. Call (309) 782-5890 for more info and to sign up. ([Flyer](#))

Harlem Globetrotters: Leisure Travel Office has discounted tickets to the Harlem Globetrotters 2014 "Fan's Rule" World Tour. Discounted tickets on sale until **Dec. 23** at \$30, \$22 & \$20. Date: **Saturday, Jan. 4** Time: **7 p.m.**

World's Toughest Rodeo: The World's Toughest Rodeo features the fan's favorite events: Bull Riding, Saddle Bronc Riding and Bareback Riding. The Midwest's fastest cowgirls will also compete in the Women's Barrel Racing. LTO has discounted tickets available for both days. \$31, \$21 & \$16. On sale until **Jan. 6.**

Date: **Friday, Jan. 24**
Time: **7:30 p.m.**

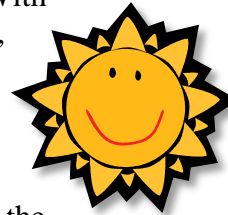
Davenport Cinemark 53rd 18 + IMAX Theatre: Leisure Travel is selling Platinum Supersaver Prepaid Admission Tickets to Davenport Cinemark 53rd 18 + IMAX theatre (formally 53rd cinemas and RAVE cinemas) These tickets have no restrictions or expiration date.



Child, Youth & School Services



Summer Day Camp: With winter still approaching, it seems odd to be thinking of summer. However, if you want your child to be eligible to participate in the Summer Day Camp Lottery, you must have your child registered with Child Youth and School Services by **COB on Friday, Dec. 20.** If you have any questions, please call the School Age Center at (309) 782-5019.

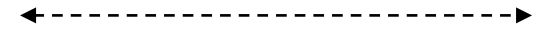


Early Closure of Child Youth and School Services: In order to allow our staff to spend time with their families we will be closing all CYSS programs at 3:30 p.m. on Christmas Eve and New Years Eve. ([Please see this memo for more info](#))

Parent Central Services Office

Temporary Move: In order to complete necessary renovations to the Parent Central Services Office (Bldg. 110), the office will be temporarily located down the hall between **Nov. 25 and Dec. 16.** Please plan ahead and conduct any business that you possibly can before or after this period, e.g. pass renewals, new

registrations, etc. We will still be able to serve you from the temporary office but it may just take a little longer so try to take care of urgent business early. Please call (309) 782-0791 for more info and to schedule appointments.



Army Community Service (ACS)



ACS is located in Bldg. 110, 1st floor SE; Visit our [ACS website](#) or phone (309) 782-0829. Call ahead for special accommodations when attending ACS classes. [Find us on Facebook click here.](#) 24/7 Sexual Assault Hotline: (309) 229-8412



Army Family Team Building: Army Family Team Building is offering free courses in Leadership Development on **Dec. 17-18** from 8:30

a.m. - 2:30 p.m. at Army Community Service in Bldg. 110. Please register no later than Friday, **Dec. 13,** to secure your seat. This course is for military spouses, military members, civilians and contractors in the Rock Island Arsenal community.



The two-day course includes: Leadership Through Understanding Needs; Examining Your Leadership Style; Effective Communication for Leaders; Developing Great Meetings; Establishing Team Dynamics; Resolving Conflict; Supporting Others Through Coaching and Mentoring; and Virtual Meetings: Tips and Techniques. Call ACS at (309) 782-0829 to register. Civilians may register in [TEDs](#).

Operation: Family Timeout: Four hours of free childcare is available to military families and families of deployed civilian for children ages six weeks to 12 years old. Operation: Family timeout upcoming events will be: **Dec. 14**, at the Davenport YMCA. ([Flyer](#))

Scholarships for Students with Disabilities: Now is the time for high school juniors and especially seniors to start looking for college scholarships. If your student has a qualifying disability or special need, there are scholarships specifically to assist those students. There are federal grants available to qualified students, but more specific to students with disabilities is the U.S. Department of Education's TRIO Programs. TRIO programs are operated in conjunction with numerous colleges

and universities across the country offering education grants for students from disadvantaged backgrounds, including those with severe disabilities. Availability of these programs will vary depending upon the institution. [For more information visit RIA EFMP](#) see Additional Resources-Education or contact [Jan Saito](#), Exceptional Family Member Program Manager at (309) 782-4736.

Employee Assistance Program

☪
For free, confidential counseling assistance or for information on services that are available, call (309) 782-4357. Normal business hours are from 7:30 a.m. – 5 p.m., Monday - Friday. For additional information on the Employee Assistance Program see [our website](#) or visit us on [Facebook](#). The new location for the EAP/ASAP is Bldg. 56, 1st floor, East.

Keep Your Mental Health in Check During the Holidays – December 2013: Another year will soon be coming to a close, but not without the big rush of the holiday season. Relatives to visit, meals to prepare, presents to buy ... whether it is the most joyous time of

year is up for debate but it might certainly be the busiest. The holiday season is a happy time for many; however, the stress of the season may exacerbate existing problems. Strained family relationships may be harder to tolerate, financial pressures more troubling, an already hectic schedule pushed to the brink. Depression and other mental health concerns can also be aggravated during the holidays. If you were feeling down or anxious before the holiday season, now you might feel even more worried or isolated. Some good times with friends and family may be all you need to feel better, but if you find you haven't felt like yourself for more than a week or two, something more serious may be going on. To help you identify if your holiday stress or blues may be a sign of an underlying mental health condition the Rock Island Arsenal Employee Assistance Program offers free, confidential services with master's-level counselors. The EAP is located in Bldg. 56, 1st floor. Call (309) 782-4357 to schedule an appointment. Make sure you give yourself a gift this holiday season. If you have been feeling down or stressed lately please contact the EAP today.

Understanding PTSD: Classes are being offered for those who wish to



learn more about the nature and treatment of Post-Traumatic Stress Disorder **Jan. 14, Feb. 11**, Tuesdays, 10:30–11:30 a.m., Bldg. 56, 1st Floor, Room 122. Call (309) 782-4357 to reserve your spot. Presented by the Rock Island Arsenal Employee Assistance Program.

PTSD Support Groups: Is the quality of your life being affected by Post-Traumatic Stress Disorder? The Rock Island Arsenal Health Clinic and Employee Assistance Program are sponsoring support groups to assist you through this difficult challenge. Contact Rita Baugh, EAP counselor, at (309) 782-2552 for more details.

National Drunk and Drugged Driving (3D) Prevention Month: The month of December is National Drunk and Drugged Driving (3D) Prevention Month. According to the Center for Disease Control, everyday 36 people in the United States die and approximately 700 more are injured in motor vehicle crashes that involve an alcohol-impaired driver. This Holiday Season, don't put your life, or anyone



else's life on the line. Be smart and be responsible. If you are going to drink, don't drive. If you are going to drive, don't drink. Don't allow one bad decision haunt you for the rest of your life.

Grief Support Group: The holidays are especially difficult if you are grieving the death of a loved one. The Employee Assistance Program offers a support group for those who are grieving. The group meets on Tuesdays, 3-4 p.m., in Bldg. 56, 1st Floor, Room 122. For more information contact Rita Baugh, EAP counselor, at (309) 782-2552.

Stress Management: Do you want to learn effective strategies to reduce stress? Sign up for a Stress Management Class. **Dec. 17, Jan. 28, Feb. 25**, Tuesdays, 10:30–11:30 a.m., Bldg. 56, 1st Floor, Room 122, Call (309) 782-4357 to reserve your spot. Sponsored by: Employee Assistance Program.

Smoking Cessation Group: Why not start the New Year smoke free? The Employee Assistance Program offers an educational support group for people who would like to quit smoking. The group meets each Wednesday, 3-4 p.m., at the EAP office in Bldg. 56, 1st floor.

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Education/Training Review



The Rock Island Army Education Center is located in Bldg. 56, 1st floor, west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: (309) 782-2065 Fax: (309) 782-7901. Please visit our [website](#) to learn more.

Tuition Assistance Changes to Take Effect For 2014: Beginning Jan. 1, there will be a cap on the number of semester hours that can be taken using Tuition Assistance, and tighter TA eligibility rules. Soldiers will be able to use TA one year after graduating from initial entry training, known as IET, said Brig. Gen. David K. MacEwen, adjutant general of the Army, Human Resources Command, Fort Knox, Ky. ([More](#))

Scheduled Closure: Western Illinois University will be closed the following Tuesdays for Winter Break – **Dec. 24** and **31**. The National Testing Center will also be closed on those dates.

Get Ready, Get Set, Go-Go-Go to School!: Seeking or Pursuing a College Degree? Have Questions? Meet with school representatives and learn about



educational opportunities in the Quad Cities, 10 a.m. – 2 p.m., Bldg. 56, 1st Floor, Room 121. • Ashford University: (563) 508-0927, **Jan. 24**; • Black Hawk College: (309) 796-5191, **Jan. 9**; • Kaplan University: (563) 441-2485, Nov. 14; • Saint Ambrose University: (563) 333-6170, **Jan. 16**. Military personnel, family members, and DoD civilians are welcome to stop by. No appointments are necessary. Education Center POC: Guidance Counselor, [Lorrie Blumberg](#), (309) 782-6343.

NDIA Academic Year 2014-15

Scholarship: Applications for the Iowa Illinois Chapter NDIA Academic Year 2014-15 scholarship are now being accepted. The scholarship application may be found at www.ndia-ia-il.org. Applications must be postmarked by **March 24**. Call (563) 650-3252 for further information.

Sgt. Paul Fisher Academic Year 2014-15

Scholarship Applications for Academic Year 2014-15 Sgt. Paul Fisher Scholarship are now being accepted. High school senior sons and daughters of active duty, reserve, and retired military members in Iowa and northwestern Illinois are eligible to apply. Applications are available on the chapter's web site, www.ndia-ia-il.org.

Applications must be postmarked by **March 24**. Call (563) 650-3252 for any additional information.

Commissary / Exchange

The [Rock Island Commissary](#) and the [Exchange](#) are for active duty military and retirees only. There are exceptions for select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. The Commissary makes fresh fruit baskets daily for you! Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information [HERE](#). For information on this and other Commissaries, visit: www.commissaries.com ([Facebook](#))

Your Commissary Is the Place for Your Holiday Savings: The holidays are right around the corner, and special in-store promotions make the commissary the place to go to save on holiday groceries, said the Defense Commissary Agency's director of sales.

"We've got some great promotions lined up for the holiday season," said Randy Chandler, DeCA sales director. "Customers will find great savings and quality products for their holiday entertainment and meal needs, thanks to our industry partners. They might even sneak a peek at a jolly old man in a red suit!" Chandler also reminds patrons that the holiday season is a perfect opportunity to consider giving the gift of groceries through Commissary Gift Cards. "Our gift cards are a quick and easy way to spread holiday cheer to military service members and their family members around the world," he said. "Anyone can purchase them online through www.commissaries.com, or at a commissary for authorized shoppers to use." Manager's specials and power buys provide big savings every day during the holiday season in commissaries worldwide. Overseas stores may have substitute events for certain promotional programs, and customers should check their local commissary for details on dates and times for their promotions.

Scholarships for Military Children Program Opens Dec. 3: Applications for the 2014 Scholarships for Military Children Program become available **Dec. 3** at commissaries worldwide or on the Internet at www.militaryscholar.org.



Applications must be turned in to a commissary by close of business Feb. 28. Packages must be hand-delivered or shipped via U.S. Postal Service or other delivery methods, not emailed or faxed. This year's award amount has risen to \$2,000, and the program awards at least one scholarship at each commissary with qualified applicants. An applicant must be a dependent, unmarried child, younger than 21 - or 23, if enrolled as a full-time student at a college or university - of a service member on active duty, Reserve or Guard member, retiree or survivor of a military member who died while on active duty, or survivor of a retiree.

Arsenal Archive

Information for the *Arsenal Archive* is made available by the Rock Island Arsenal Museum. The Museum is open to the public, Tuesday through Saturday, 12-4 p.m. Closed Sunday, Monday, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free. ([website](#))

This Week in Rock Island Arsenal History – Dec. 9-15: RIA Commander Col. Leroy Hillman issued an order on Dec. 9, 1918, that required all RIA

employees to wear masks while traveling on Arsenal street cars as a preventative measure against the spread of influenza. In December 1905, the Army Chief of Ordnance authorized RIA workers the right to heat coffee at noon hour. From this authorization developed an organized effort by the workers to create a hot lunch and cafeteria program. In December 1870, Aikens & Co., Pittsburgh, Pa., furnished the RIA with slate at \$15.25 per square. The slate was used to cover the roofs of buildings. In December 1959, the RIA repaired and modified the first XM70 boosted rocket launcher prototype. During the winter of 1863, temporary shops were built on the Island for use in construction of Arsenal buildings.

Healthbeat

Heartburn Drugs Could Cause B12 Deficiency: Patients who use certain acid-suppressing drugs for heartburn over a period of two years or longer are more likely to suffer from a vitamin B12 deficiency than those who do not use them, according to a new study released Tuesday. The drugs, known as proton-pump inhibitors (PPI) and histamine 2 receptor antagonists (H2 blockers), are available by prescription and over-the-

counter, under names such as Prilosec and Nexium. They are designed to treat gastroesophageal reflux disease, or GERD, as well as other acid-related conditions. ([More](#))

Notes for Veterans

Congress to Defense, VA: Give Us a Plan for Integrating Health Records By February: The Defense and Veterans Affairs Departments will need to present a detailed plan for developing a single or interoperable electronic health record in just six weeks, based on language contained in the 2014 National Defense Authorization Act agreed to by the House and Senate Wednesday. The two departments abandoned efforts to develop a single EHR in February when the estimated costs of a system reached \$28 billion. The 2014 authorization bill emphasizes interoperability based on computable data rather than a single record. ([More](#))

Carpooling Announcements

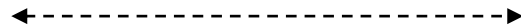
Submit carpooling announcements via the [Island Insight submission page](#). Please use that page to contact Garrison



Public Affairs to take your announcement off once you have found a ride.

Carpool:

- **Ride:** Looking for a ride and pay for gas. Location – Sherwood Forest Apartment, Davenport. Call thru Illinois relay at (800) 526-0857 to contact me at (309) 782-1078 (TTY). ([Email](#))
- **Carpool:** Carpool from Rio, Ill., looking for people to carpool with along 150. Please call (309) 782-5472.
- **Carpool:** New hire with flexible hours seeking to pay for ride from Moline 9th & 53rd, (Franklin School area) (309) 757-5755.



Around the Q.C.



Dec. 14: [USO Discovery Kids, "Winter Holiday Celebration w/ the Animals."](#) Naibi Zoo

Dec. 14: [Jingle Bell Run/Walk 5K for Arthritis](#) (South Park Mall, Moline)

Dec. 14: [Jingle Run/Walk 5K](#) (Geneseo, Ill.)

Jan. 5: [Chocolate Festival](#) (Quad City Botanical Center, Rock Island)

Jan. 10-12: [Quad City Bald Eagle Days](#) (QCCA Expo Center, Rock Island)

Jan. 18: [32nd Annual Frostbite Footrace 5K](#) (Scott County Park, Iowa)

Jan. 19-21: [QC Farm Equipment Show](#) (QCCA Expo Center, Rock Island)

Feb. 14: [Valentine Walk](#) (Watchtower Lodge, Black Hawk State Historic Site, Rock Island)

Feb. 13-16: [Outdoor Show](#) (QCCA Expo Center, Rock Island)

Feb. 23: [CBRC Chili Chase 4-Mile Run/Walk](#) (Duck Creek Park, Davenport)

March 15: [29th Annual St. Patrick's Day Parade](#) (Rock Island & Davenport)

March 19-22: [Gathering of the Green](#) (RiverCenter, Davenport)

March 21-23: [QCCA Flower and Garden Show](#) (QCCA Expo Center, Rock Island)

April 12: [Bandits Race to Home 5K](#) (Modern Woodman Park)

April 12: [Run for Renewal 5K](#) (Sr. Concetta Park, Davenport)

May 3: [Village in Bloom: Festival of the Arts](#) (Village of East Davenport)

May 3: [Derby Day Party](#) (Arsenal Island Golf Clubhouse)

May 3: [Venus Envy](#) (Bucktown Center for the Arts, Davenport)

May 10-11: [Beaux Arts Fair](#) (Downtown Davenport)

May 17: [5th Annual You Were Made for This 5K](#) (Young Life, Moline)

May 17: [Livefit With Lupus Run 5K](#) (LeClaire, Iowa)

May 26: [49th Annual Quad Cities](#) Criterium (Downtown Rock Island)

June 3-7: [Quad Cities Senior Olympics](#) (Rock Island)

June 6-7: [Rhubarb Festival](#) (Aledo, Ill.)

June 6-7: [22nd Annual Gumbo Ya Ya](#) (The District, Rock Island)

June 7-8: [QC Pridefest](#) (Downtown Davenport)

June 12: [Hot Rod Magazine Power Tour](#) (Isle Casino Hotel, Bettendorf)
<http://www.hotrod.com/>

June 12-15: [19th Annual Rally on the River](#) (Centennial Park, Davenport)

June 14: [Run for the Hills XC 5K](#) (Crow Creek Park, Bettendorf)

June 14-15: [Juneteenth](#) (LeClaire Park, Davenport)

June 15: [30th Annual Ride the River Bike Ride](#) (Downtown Davenport)

June 17-21: [145th Annual Rock Island County Fair](#) (Rock Island County Fairgrounds, East Moline)

June 21: [Inaugural Micro Brew Mile & 6k Road Race](#) (Moline)

June 21: [Royal Ball Run For Autism 5K](#) (Milan, Ill.)

June 22: [Blossoms at Butterworth](#) (Deere Family Homes, Moline)

June 27-28: [Greek Cultural Fest](#) (Assumption Greek Orthodox Church, East Moline)

June 28-29: [28th Annual Quad City Air Show](#) (Davenport Airport, Mount Joy, Iowa)

July 3: [Red, White & Boom!](#) (The District & Downtown Davenport)

July 3-5: [30th Annual Mississippi Valley Blues Festival](#) (LeClaire Park, Davenport)

July 4: [Firecracker Run & Parade](#) (East Moline)

July 4: [Bettendorf Old-Fashioned 4th of July](#) (Bettendorf)

July 7-13: [John Deere Classic PGA Tour](#) (TPC Deere Run, Silvis)

July 10-12: [Walcott Truckers Jamboree](#) (Iowa 80 Truckstop, Walcott, Iowa)

July 12: [Case Creek Obstacle Run 5K](#) (Coal Valley, Ill.)

July 19-20: [Heartland Jam](#) (Centennial Park)



July 25-26: [43rd Annual Street Fest](#)
Presented by the MVRBC (Downtown Davenport)
July 26: [41st Annual Quad-City Times Bix7](#)
July 29-Aug. 3: [95th Annual Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds, Davenport)
July 31-Aug. 3: [43rd Annual Bix Beiderbecke Memorial Jazz Festival](#) (RiverCenter/Adler Theatre, Davenport)
Aug. 2: [British Auto Fest](#) (LeClaire, Iowa)
Aug. 7: [2nd Annual Freedom Run 5K](#) (East Moline, Ill.)
Aug. 7-9: [Great Tug Fest](#) (LeClaire, Iowa & Port Byron, Ill.)
Aug. 8-9: [22nd Annual Ya Maka My Weekend](#) (The District, Rock Island)
Aug. 15-16: [10th Annual River Roots Live & Rockin' Rib Fest](#) (LeClaire Park, Davenport)
Aug. 16: [Floatzilla](#) (Sunset Marina, Rock Island)
Aug. 22-24: [World Series of Dragracing](#) (Cordova Dragway)
Aug. 23: [Silvis Home Run 5K](#) (Shadt Park, Silvis, Ill.)
Aug. 30-31: [Rock Island Grand Prix](#) (Downtown Rock Island)
Sept. 1: [Bettendorf Rotary Run with Carl](#) (Life Fitness Center, Bettendorf)
Sept. 5-21: [East West Riverfest](#) (Various QC Locations)
Sept. 6: [Quad City Symphony Riverfront Pops](#) (LeClaire Park, Davenport)
Sept. 6: [¡Viva! Quad Cities](#) (Isle of Capri, Bettendorf)
Sept. 6: [QCA Heritage Tractor Parade & Show](#) (John Deere Pavilion, Moline)
Sept. 6-7: [Beaux Arts Fair](#) (Downtown Davenport)
Sept. 19-20: [Celtic Festival & Highland Games](#) (Centennial Park, Davenport)

Sept. 20: [15th Annual WQPT Brew Ha Ha](#)
Sept. 20-21: [Riverssance Festival of Fine Arts](#) (Lindsay Park, Village of East Davenport)
Sept. 28: [17th Annual Quad Cities Marathon](#)
Sept. 26-28: [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)
Oct. 4: [Night of the Running Dead 5K](#) (Davenport)
Oct. 4: [GiGi's Super Hero Run](#) (Bettendorf)
Oct. 11: [Trinity Quad Cities Classic Regatta](#) (on the Mississippi River in Moline)
Oct. 12: [Apple Fest](#) (Downtown LeClaire, Iowa)
Oct. 23: [Fright Night](#) (The District, Rock Island)
Oct. 25: [Lagomarcino's Cocoa Beano 5K Race](#) (Moline)
Oct. 25-26: [Boo at the Zoo](#) (Niabi Zoo, Milan, Ill.)
Nov. 22: [Festival of Trees Parade](#) (Downtown Davenport)
Nov. 22: [Lighting on the John Deere Commons](#) (John Deere Commons, Moline)
Nov. 22: [Holiday Pops Concert](#) (Downtown Moline)
Dec. 7: [19th Century Christmas](#) (Butterworth Center, Moline)

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Island Insight



Col. Elmer Speights, Jr., Garrison Commander; Eric Cramer, Public Affairs Officer; Mark Kane, Editor
The Army publication, Island Insight, is an unofficial publication authorized under [AR 360-1](#) to provide information on people, policies, operations, technical

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